

# DONOHARM



## Strengthen your organisation's culture with a best practice approach to mental health, suicide prevention and wellbeing

Explore personal and professional boundaries to stay safe when hearing and sharing potentially triggering information and build skills to use inclusive language and minimise referred trauma. This program is a practical application of MIEACT's DoNOHarm Framework<sup>®</sup> a best practice approach to communicating about mental illness.

### This program will benefit your workplace by:

- Building a mentally healthy workplace culture by establishing best practice communication techniques across the organisation
- Reducing harmful behaviours through an in-depth understanding of stigma, its effects and the role all staff play
- Attracting and retaining engaged staff by demonstrating you prioritise the wellbeing of your employees leading to increased workplace engagement

### By the end of the session staff will:

- Explore the six principles of DoNOHarm<sup>®</sup>
- Build an in-depth understanding of stigma and its impact on people with a lived experience
- Communicate about mental health confidently
- Learn practical strategies to sustain their own wellbeing when supporting others



Max 15



3 hours



\$2200  
(ex GST)

"This workshop gives everyone the confidence to talk about mental illness in a safe way while at the same time promoting mental health education and stigma reduction."

- Client, Carers ACT

**Suitable for** all staff starting with management, support staff, teams and executive groups

**Customised to** address the specific operations of individual workplaces

**Delivered by** trained educators and guided by the MIEACT DoNoHarm safe storytelling framework